

Level Five: Outdoor Explorer

Girl Name: _____

Troop #: _____

Leader Name: _____

Date: _____

Locations where girl worked on activities:

Housekeeping

- € Rig a tarp
- € Identify the rules or steps you need to take to keep from getting lost and what to do if you are lost and cannot contact an adult.

- € Earn one of the environmental focused patches featured on the GSCTX website.
- € Sleep outside 5 nights minimum

Bonus: Participate in the Sasquatch Dash, a Council Run Adventure Race

Cooking

- € Learn how to cook with a tin can
- € Make at least one recipe

Hiking

- € Label the 32 points of a compass by memory
- € Demonstrate how to use the navigational trail markers.
- € Find east by using the sun and knowing the time of day.

Knots and lashing

- € Learn how and when to whip
- € Learn how and when to splice
- € Learn how and when to lash
- € Lash a picture frame

Nature

- € Observing clouds, wind, and temperature predict the weather daily for at least a week. Keep a chart of the cloud types, your predictions, and the actual weather.
- € Discuss what an ecosystem means. Explore the ecosystem in which your campsite is located, and, with your group, make a list of what you saw.

Tools

- € Estimate heights and distance without using manufactured tools. Measure 100 yards by pacing.
- € Explain the difference between a topographical map and a highway map and how each are used.
- € Show that you know how to hold a compass correctly. Use your compass to face north, east, south, and west. Identify what is nearby that could prevent a compass from working properly.

Songs, Games, Traditions, and Ceremonies

- € Make an outdoor game
- € Take part in a campfire ashes ceremony
- € Go on a summer camp out and complete a GSCTX Fun Patch program.
- € Try a new outdoor recipe that girls from other countries use on campouts

Fire Building

- € Make a reflector fire
- € Cook something using the reflective fire, using a homemade griddle or frying pan

Volunteer Service

- € Volunteer 20 hours total with an organization or project of your choice.

First Aid

- € Teach younger girls basic first aid for cuts, bites, and burns

(This can be completed over time but must be completed upon receiving the patch.)

Outdoor Recreation